

Moments of Beauty

Week 3 - Beauty in Sports & Our Bodies

Wednesday, September 23



Jesse Owens at the 1936 Olympics in Germany

“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:28-31

Jesse Owens was an outstanding track and field athlete. He attended The Ohio State University and won four gold medals at the Olympics in Berlin, Germany in 1936. It was not an easy time to be on German soil as a young black man. But Jesse Owens’ courage and passion for the sport in which he excelled allowed him to achieve what seemed impossible.

God has created all of us with a passion and desire to do amazing things. When we do things that follows the leading of God it is beautiful. What we need is to believe that it is possible and to surround ourselves with a group of people who can encourage and support our dreams. It is beautiful when we see that happen for someone else. It encourages us to try harder, to create the environment for possibilities. Who can you be a cheerleader for today? Who encourages you? What beautiful thing can you accomplish today that will bring love into someone’s life. What longer range possibility can you imagine that will create beauty?